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# SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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## CONSERVE MEATS AND FATS

During the coming months when the meat supply will be limited, and many cuts rationed, food service operators throughout the country must conserve every ounce of the available meat supply. To do this they must use the meat to the best advantage. This will require ingenuity in planning and skill in cooking.

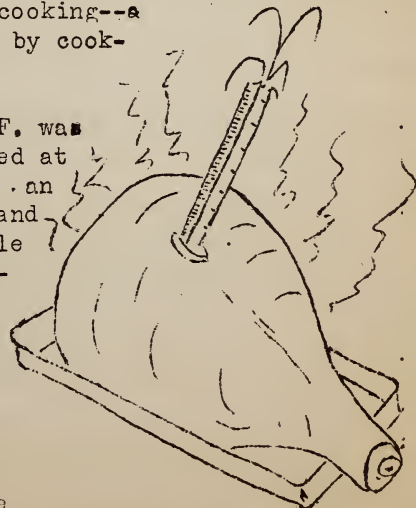
### Use proper methods of cooking:

Proper methods of cooking must be used for each variety and cut of meat in order to make it palatable and to assure the largest serving yield. Shrinkage is kept to a minimum in meats cooked at low temperatures. They are more tender, more juicy, and slice more easily than meats cooked at high temperatures. In fact, low temperature cooking is essential to making the most of meats:

### Decrease shrinkage:

A study of the effect of temperatures on the cooking losses was made on two paired legs of lamb weighing 5 pounds 2 ounces each. One lamb leg was roasted in a hot oven at 450° F., while the other one was roasted in a moderately slow oven at 300° F. The two roasts were cooked to the same degree of doneness as indicated by the internal temperature registered on meat thermometers. At the end of the cooking period the lamb leg roasted at the high temperature weighed 3 pounds 8 ounces--a shrinkage of 1 pound 10 ounces. The roast cooked at the low temperature weighed 4 pounds 3 ounces after cooking--a shrinkage of 15 ounces. Thus 11 ounces were saved by cooking at the lower temperature.

The shrinkage in the roast lamb cooked at 450° F. was about 50 percent more than that of the meat cooked at 300° F. The difference is represented largely by an increased loss in fat and water. When this fat and moisture are retained in the meat, it is possible to obtain more sliceable meat. The fat and moisture lost were paid for in money and in ration points. A saving of 11 ounces in shrinkage might increase the serving yield by as much as three additional  $3\frac{1}{2}$  ounce portions.



Less tender cuts of meat also should be cooked at low temperatures by moist heat as in braising and simmering. They will shrink less and produce

more appetizing products when they are cooked below the boiling point than when they are allowed to boil.

#### Use low-point meats:

This method of low temperature cooking applies to the Utility grade of lamb and veal. Because Utility grade meat is low in fat, more fat may need to be added in the cooking process. Meat drippings can be used here. When cooked properly, the Utility grade of meat will provide a delicious stew or meat pie. It is well to remember, however, that Utility grade meat is not as rich in flavor as Choice grade.

Dishes made of Utility grade may be improved when cooked with vegetables and seasoned with herbs and spices. Use celery stalks and leaves, chives, garlic, green peppers, onions, parsley, tomatoes, whole cloves, peppercorns, whole allspice berries, and bay leaves in savory combinations.

#### Use variety meats:

The old adage--if at first you don't succeed, try, try again--is most appropriate here. Dishes made of variety meats are becoming more popular, as they are becoming better known. Stuffed heart, boiled tongue, and beef and kidney pie are notable examples.

Heart, liver, kidneys, tongue, sweetbreads, brain, and tripe are high in nutritive value. They supply extra minerals and vitamins to the diet. They may be used in a variety of dishes, and the ingenious food service operator who popularizes some of these dishes with workers will ease the strain on ration points.

#### Use meat extenders:

Meat extender dishes will help to stretch the red points, too. Spread the meat flavor by serving stews with vegetables or dumplings, meat pies, patties, turnovers, loaves, croquettes, and baked hash; by serving meat scalloped with macaroni, noodles, spaghetti, or rice; and by serving it with dressing.

#### Conserve meat fats:

Conserving fats is as important today as making the best use of the available meat. Fats are not plentiful and require precious ration points.

Some ways in which to conserve fats are:

1. Use every ounce of drippings and rendered meat fats for frying, seasoning, and shortening.
2. Trim excess amounts of fat from pork or beef before it is cooked. Try out this fat at a low temperature. Small amounts may be tried out in the top of a double boiler. Large amounts may be melted in a steam-jacketed kettle.
3. Use the cracklings, the brown bits from tried out fat, to flavor and shorten cornbread and muffins.
4. Preserve fats used in deep-fat frying for use as long as possible by never letting them reach the smoking point.
5. Keep drippings and used fat in covered containers in the refrigerator so that they will not become rancid.





6. Clarify soft fats by heating them slowly with sliced raw potatoes for about 20 minutes. Then strain through cheese cloth into a clean container.
7. Clarify solid fats by adding 1 pint of hot water for each pound of fat and heating the mixture slowly for about 15 minutes. Stir well. Strain through cheese cloth and chill. Remove the layer of hardened fat and scrape off the dark material clinging to the bottom. Fat clarified in this way should be used promptly as it does not keep well.
8. Use fat cut from the meat or meat drippings for frying meats and fish, and for browning braised meat and brown stews.
9. Use drippings from ham, bacon, salt pork, and sausage for seasoning vegetables, frying potatoes, in scalloped and creamed dishes, and in stuffing.
10. Use melted bacon fat combined with vinegar as a dressing for wilted lettuce and other greens.
11. Use one-crust pies often instead of those with a double crust. Make latticed topped fruit pies instead of those with a closed crust.
12. Feature deep-dish pies that require only a top crust.
13. Save chicken and other poultry fat and use it to flavor cream sauces and cream soups.
14. Try clarified pork fat for shortening gingerbread and molasses cookies.

#### A RECIPE FOR CABBAGE ROLLS

Ingredients	Amounts for 100 portions
Cabbage leaves (from about 6 heads of cabbage)	100 leaves
Ground meat, uncooked	20 pounds
Uncooked rice	4 pounds
Onion, minced	1 quart
Cooking fat	$\frac{1}{2}$ cup
Salt	4 ounces
Paprika	2 tablespoons
Hot water or vegetable juice	3 quarts

Number of portions--100 cabbage rolls

1. Wash cabbage, remove core, and steam until the leaves are wilted enough to roll.
2. Cook the minced onion in the fat for about 5 minutes.
3. Mix the onion, salt, rice, and ground meat together.
4. Form the meat into loose rolls.
5. Place a roll of meat in the center of a cabbage leaf and roll it up. Place in baking pan, resting the roll in position to hold the leaf in place.
6. Add a little hot water or vegetable juice. Cover the pan and cook in a moderate oven at 350° F. for about  $1\frac{1}{2}$  hours, or until the rice is tender.

## MENUS FOR LUNCH SPECIALS

Several menus for lunch specials which suggest how appetizing and nutritious meals may be planned by using meat extenders, meat alternates, and variety meats, are given below:

1  
Cabbage rolls  
Hashed-brown potatoes  
Green beans  
Head lettuce salad  
Enriched bread with butter or fortified margarine  
Fruit Betty  
Milk

3  
Spaghotti with meat sauce  
Steamed carrot strips  
Mixed green salad, French dressing  
Whole-wheat bread with butter or fortified margarine  
Custard pie  
Milk

5  
Fried halibut steak with lemon  
Baked potato  
Fresh spinach  
Cole slaw  
Whole-wheat rolls with butter or fortified margarine  
Deep dish apple pie  
Milk

2  
Lamb stew with vegetables.  
Parsleyed potatoes  
Red apple and celery salad  
Enriched rolls with butter or fortified margarine  
Warm gingerbread  
Milk

4  
Braised stuffed beef heart  
Mashed potatoes and gravy  
Baked Hubbard squash  
Raw turnip sticks  
Enriched bread with butter or fortified margarine  
Chocolate pudding  
Milk

6  
Scalloped veal and noodles  
Buttered broccoli  
Spiced beets  
Cornbread with butter or fortified margarine  
Fruit gelatine  
Milk

Make the most of the plentiful supplies of onions and cabbage now available.

"MAKING THE MOST OF THE MEATS IN INDUSTRIAL FEEDING"

is off the press

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